



Pencil in your classes & activities, then plan what you'll eat based on your schedule! Remember to space them 3 Hours apart!

Sun Men Tue Wed Thur Fra Sat

- 2 The two thirds Rule
 Follow this simple rule of making sure 3/2 RDS of your plate is filled with grains, veggies & fruits.
- The 20 Minute Rule

 After your first round, wait at least 20 min. before going for seconds!
- Get Active

 Make an effort to join sports or fittness clubs. Does your School have a gym?
- 5 Address that Stress!
 If you're feeling too overwhelmed, seek out school counselors & advisor.